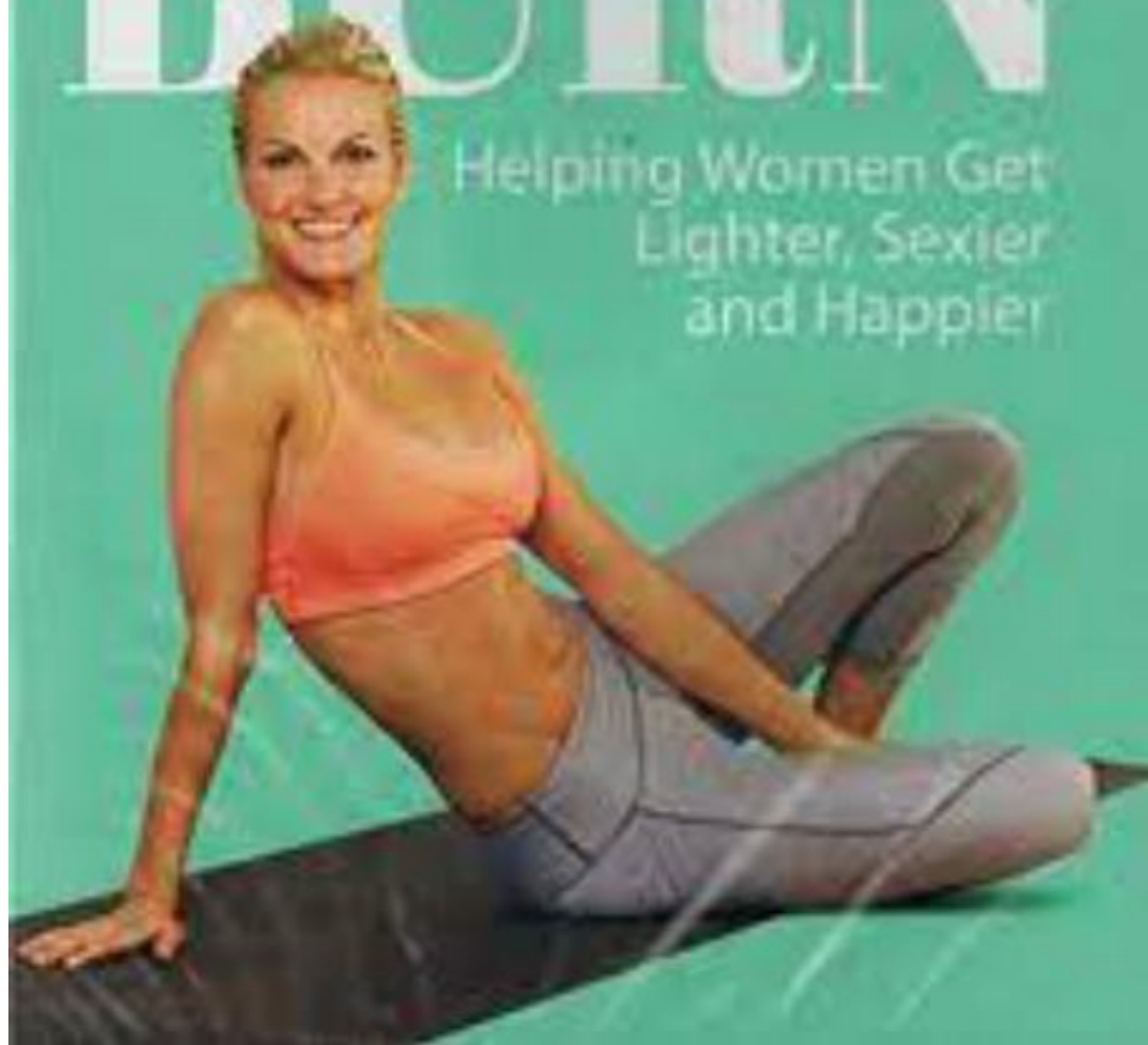


# YOGA BURN

Helping Women Get  
Lighter, Sexier  
and Happier





Yoga Burn was created by Zoe Bray Cotton and is a 12 week fitness program for women.

Her primary aim is to empower women by practicing guided yoga workout for weight loss and gain back their ideal size or shape.

It's a Unique Yoga Program – Why it's unique as this course is completely dedicated to the women.

There are a lot of yoga program out there but Zoe's Her Yoga secret is the best selling amongst all for a reason.

Other yoga program uses exercises together with cardio which makes them complicated and hard to do.

Getting back in shape and maintaining your weight become easy with burn yoga.

It also works in dealing with mental goals like achieving peace, lowers stress and maintaining a Sharpe and refreshed the mind.

It isn't just a yoga DVD it's truly an approach towards a better health and a better way of living.

**✔ Check the special offer and discount on the Official Website**

The core 12-week body shaping course – this includes 3 phases, the 3 important phases of yoga burn program i.e the foundation, transition, and the mastery is so well ordered that it makes the exercises challenging, effective and interesting.

Each phase consists of 3 videos with a bonus video to be done within a week and repeat the same over 4 weeks for to get maximum results from the yoga burn program.

The workouts are structured in a particular way called Dynamic Sequencing, a fancy term to describe the seamless sequence of the different body moves done at the right time with the right intensity in order to elicit an intense, yet relaxing workout just as easy on your joints as effective for boosting metabolism, flatten your belly, perking up your booty, and reshaping your body, while spurring fat loss hormones as well as restoring physical and mental well being.



The dynamic sequencing techniques combine yoga poses and powerful sequences to increase muscle flexibility and strength.

Your body will naturally adapt to this yoga burn program as you master the sequences that come in correct order and duration of time.

Yoga as effective as it is, doing it in a wrong way can affect your overall health very badly.

To avoid all that, Yoga Burn Challenge comes as a complete solution for you to burn your excess body weight and improve your metabolism.

You don't have to be an experienced person with yoga to follow this program.

Even if you are entirely new to the whole yoga thing, you will be able to follow the instructions properly and do your share of yoga every day efficiently.

On the contrary to the other programs for body transformation and weight loss, the yoga burn booty challenge does not ask you to add supplements in addition to complete the application.

The program saves your money and time in the gym and on the teacher because you do not need any specialized training or equipment for following this one.

Yoga Burn comes with a complete 60 Days Money-Back policy i.e try it for 60



days.

If it doesn't work for you, just email them and get the money refunded without any further questions asked.



#### The Positives

Created by a certified yoga instructor who is known to get results for her clients

Works for beginners, experts, and everyone in between

Experience all the benefits yoga has to offer without the high risk of injury

All done on video so that you can follow along doing exactly what she does

Works through 3 phases to help you build a foundation and build upon your past success

Only takes 12 weeks to go through the entire program, so in 3 months, your body could look and feel dramatically different

Get an audio version included to take with you wherever you need to go

Receive a bonus of tranquility flow videos that will help you calm down after a busy day

Yoga Burn uses dynamic sequencing to help you do poses at the appropriate time and in an order that gets you results

All videos can be accessed instantly after purchase

You are supposed to be able to see results in a few days

### The Negatives

There is a little note that says results may vary in Yoga Burn, which means that it's possible it won't work as great for you as it does for someone else.

Sorry men, this program was designed with women in mind.

Unlike a yoga class, you will not get direct and immediate help when you need it or corrections from the instructor.



This isn't going to be a breeze. Yoga requires practice and commitment to become better, but users say that Yoga Burn is challenging, not discouraging to them.

If you are looking for a way to reconnect with your body and enjoy benefits in every aspect of your health, keep reading this Yoga Burn Review to find out how it works.

The three phases of the program are Foundational Flow, Transitional Flow and Mastery Flow.

Within each of those phases, there are three unique workouts.

The only rule of the program is that you stick to the suggested schedule and do the videos in order.

This is the best way to truly get the most out of the program.

Phase one of the program is the foundational flow phase.

This phase is designed for beginners and it gives you all of the necessary information and instruction that you need to build a foundational knowledge in

yoga.

During this stage, the program teaches you how to perform every pose safely so that you mitigate your risk of injury.

Also, the different strategic poses and sequences give you exactly what you need to burn pesky fat throughout your body.

Transitional Flow is the second phase of the program and also consists of an introduction video and three new workouts.

As the title of this phase suggests, the second three videos in the program focus on transitions.

In this phase, Zoe teaches participants how to link the yoga moves she introduced them to in the Foundational Flow phase together to create a sequence using seamless transitions between each pose.



Because participants are more familiar with the basic poses by the second phase of the course, Zoe uses the Transitional Flow phase to keep them focused on the present moment throughout each routine in order to eliminate stress and feel happier and more content during the workout and in their daily life.

Phase 3: The Mastery Flow. The final phase will be a combination of the first two phases and the advanced Yoga poses, which will boost your metabolism by trifold and give you a perfect physique.

This concluding phase is where the magic happens. The user is taken through a fascinating and rejuvenating journey that is physical, mental and spiritual and at last the full extent of results can be fully appreciated.

If followed with commitment and dedication, Yoga Burn can change a woman's life and turn out to be the lucky break that she so desperately was searching for.

Zoe Bray Cotton especially designed this unique program to genuinely help women in dire need.

Yoga Burn is for women of any age, any ethnicity, any race, and any physical body type who is entangled in any kind of profession and needs a life-altering program to a healthier, optimistic lifestyle.

Yoga Burn is not only premised that women are performing their current yoga routine incorrectly, but it goes a little further in explaining the three most common mistakes yoga practitioners make.

After pointing out the mistakes, the program will give you everything that you need to bypass all those mistakes so that you can properly lose weight and tone your body for the best possible results.

Yoga Burn program has been exceptionally planned for ladies and it depends on "Element Sequencing" – an extraordinary methodology that advances sound and normal weight reduction.

It is also worth mentioning that 2 bonuses are offered as part of the Her Yoga Secrets System: Tranquility Flow – use this to de-stress or take a mental break.

These exercises are relaxing and provide a way to release negative energy and build a more positive flow.

Learn how yoga can relieve stress here. Tips & Tools – learn how to maximize each workout by doing them at the right times and using the right resources you have available at hand.

Yoga Burn is well worth the investment for a one-time access fee of \$37. It's a progressive 12-week workout program that promises to make women feel content with how they look and feel with nine forty-five minute videos.

If you follow through, it stays to its promises.

